

**PENDING CLAIMS AS AMENDED**

Please amend the claims as follows:

1. (Amended) A method for transmitting data comprising the steps of:  
transmitting a message indicative of the rate of said data prior to and independent of data transmission and the time interval over which said data will be transmitted at said rate; and  
transmitting said data at said rate during said time interval using one data transmission channel.
2. (Previously presented) The method of Claim 1 wherein said message comprises:  
an indication of the frame type;  
an indication of said rate of said data; and  
an indication of said time interval.
3. (Original) The method of Claim 1 wherein said message comprises:  
a two bit indication of the frame type;  
a four bit indication of said rate of said data; and  
a four bit indication of said time interval.